



Spring Training Register now for Healthy Utah's March Health Challenge!

Just as there are fundamentals in baseball that are essential to the game, there are certain fundamentals when it comes to your health. Spring Training, Healthy Utah's baseball themed **health challenge**, will encourage participants to improve their overall health habits by completing and tracking various healthy activities. So regardless of age, gender, fitness level, or love of baseball, this challenge is for you!

As a participant of the Spring Training challenge, you will get:

- Information about the fundamentals of physical activity
- Email tips how to get back in shape
- Motivation and encouragement to meet your goals
- Tips and ideas to help keep your physical activity interesting

Here's how to participate:

1. Complete Spring Training goals & track your points
2. Earn at least 100 points during the month of March and complete an online survey to be entered into a drawing for a prize.

Register Now!
Log onto your myHealthyUtah account and select Spring Training Challenge. Don't have an account yet? Create one today! Visit www.healthytutah.org/myhu with your PEHP number. Last day to register is **February 28, 2010**.

Questions?
Contact us at (801) 538-6261, toll free at (888) 222-2542, or via email at HealthyUtah@utah.gov

1) Title: Heart Health and Sodium

Presenter: Sarah Davis BS, Utah Heart Disease & Stroke Prevention Program

Date: Tuesday, February 16, 2010

Time: 12:00 PM – 12:30 PM MST

Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. In celebration of American Heart Month join us for a special webinar exploring the relationship between heart disease and sodium. This webinar will discuss the correlation between blood pressure and sodium. You will also learn what the Sodium guidelines for Americans and where we are getting most of our sodium. Finally discover practical tips for decreasing sodium intake how this impacts your heart health.

Reserve your Webinar Seat Now: <https://www2.gotomeeting.com/register/403452738>

2) Title: Nuts & Bolts of Physical Activity

Date: Monday, March 1, 2010

Time: 12:00 PM – 12:30 PM MST

Spring 2010 Health Webinars

By Utah Department of Health

Tuesday, 16 February 2010 16:33 - Last Updated Tuesday, 16 February 2010 16:48

In this webinar we will focus on how physical activity can help you feel stronger, happier, and younger. Learn simple exercises that you can do to reduce stress and improve your health. This 30 minute webinar will be filled with practical advice and instruction to get you started.

Reserve your Webinar Seat Now: <https://www2.gotomeeting.com/register/986825474>